

# My Plate



The Stark County Health Department is implementing the My Plate Program to decrease obesity among youth throughout the County.

My Plate is a fun, interactive program designed for 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> graders. The curriculum for each grade consists of three, age appropriate lessons designed to integrate nutrition with the following school subjects: math, language and art. The program teaches children about the five basic food groups, the amount of food needed from each group daily, how to make healthy choices and build a nutritionally balanced plate, as well as, the importance of physical activity.

For more information  
on the My Plate Program  
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